Background
COVID-19, is part of a class of coronaviruses that cause respiratory illness and is spread through the air via respiratory droplets from an infected person or by touching contaminated surfaces. Symptoms of the virus include fever, cough, and/or shortness of breath. Most important is to practice social distancing which is to create a physical space of 6 feet per person for nonfamily members.

Prevention – Handwashing
Remind employees to wash hands with soap and water for at least 20 seconds. Hands should be washed:

- When entering the kitchen
- Before starting food preparation
- After touching your face, hair, or other areas of the body
- After using the restroom
- After coughing, sneezing, using a tissue, smoking, eating or drinking
- When switching between raw food and ready-to-eat foods
- Before putting gloves on
- After cleaning, bussing tables or touching any items that customers have used
- Between handling money/credit cards/pens/receipts and handling food
- If working a cash register, it is recommended that employees should wash hands or use hand sanitizer between customers

Tips!
- Hand sanitizer is recommended and should be used after washing hands
- Assign an employee at every shift to keep soap and paper towels stocked at all facility hand sinks
- Provide hand sanitizer for customers near entrances, in common areas, and at buffet stations (although self-service buffets are discouraged during this time).

Prevention – Sanitizing Equipment and the Facility
Chlorine (bleach) based sanitizer over 100ppm or quaternary ammonium-based sanitizers over 200ppm are effective at killing viruses when cleaning food contact surfaces. Use test strips to ensure that sanitizer is at the required concentration. Also remember to sanitize tables, chairs, service counters and any other areas exposed to customers routinely throughout the day.

Tips!
- Remember to sanitize doorknobs, touch screens, faucet handles, and cabinet/drawer pulls
- Discontinue allowing the customer provided reusable food containers and cups

Employee Health
Actively encourage sick employees to stay home: If an employee is experiencing any flu-like symptoms, it is recommended that they stay home until they are symptom free.

Additional Information
The information and requirements pertaining to COVID-19 may change as more is learned about this virus and its transmission. Additional Information, status reports, and website links can be accessed on the County of San Luis Obispo Public Health Department webpage:
What is coronavirus disease 2019 (COVID-19)?
Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?
Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at [https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic](https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic).

Have there been cases of COVID-19 in the U.S.?

How does COVID-19 spread?
The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at [https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html](https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html).

What are the symptoms of COVID-19?
Patients with COVID-19 have had mild to severe respiratory illness with symptoms of
- fever
- cough
- shortness of breath

What are severe complications from this virus?
Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?
People can help protect themselves from respiratory illness with everyday preventive actions.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?
If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your healthcare provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don’t go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?
There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?
There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)